

Thanks for participating in 21 days until 2021



21 to 21: DAY 11

Today, SING! That's right sing!! Whether you are with friends, family or alone...SING!

HAVE FUN!

The power of singing:

1. Singing releases endorphins and oxytocin into your body lowering your blood pressure.
2. Singing can help improve brain function so you think more clearly.
3. Singing helps improve your lung capacity – so you can sing loud 😊



If you're
gonna sing,
sing loud!
-Travis Tritt



CHECK OUT: successlooksgreatonyou.com

Sign-up for SIX WEEKS TO SUCCESS (1/12 - 2/16) it's an awesome gift for yourself or others.

SEE YOU HERE TOMORROW FOR DAY 12